

The Defender Addiction: What's your vice?

THE VOICE OF ST. MICHAEL'S COLLEGE

**Engineered
to addict**
page 7

**Who is using
and at what
price?**
page 10

**Drink, drank,
dependence**
page 16



Campus reacts to Neuhauser's sabbatical

Trustee letter reveals an additional year of pay starting in July

By Meg Friel
News Editor

Reaction to the news that retired president John Neuhauser continues to receive his full salary despite not currently working for the college was strong in the St. Michael's community last month.

"My first reaction to reading the news was frustration and disappointment," said former student government president Sophie Adams '18 in an email. "I have been and will continue to be a disappointed alumnus due to the inaction of our administration, faculty leaders, and the Board of Trustees to repair broken systems of oppression at the college. I would say the salary inequality is one of the primary systems of oppression that is in action at the College today."

As first reported in the Defender March 7, President Emeritus Neuhauser is in a sabbatical year at full-pay. Sabbatical for administrators in retirement is not unusual, according to Paul Hassen, the director of communications and marketing for the National Association of Independent Colleges and Universities [NAICU].

"It's not uncommon that they would get a year of full pay, or that they would get a payout of a salary that's been deferred," Hassen said. "The board of trustees essentially recognized the good work the president has done in their presidency. They entered into this contract with the president, perhaps when he was hired. The terms of that contract is binding with both parties."

According to the 2016-17 990 tax forms filed by the College on their website, Neuhauser's compensation topped \$475,000. The 2017-18 tax forms will be posted May 15, said Rob Robinson, vice president for finance.

Following the news article's publication, board of trustees chair Mary Kate McKenna circulated a letter to the faculty and staff explaining the funding as common for senior administrators at the time but noting that a similar sabbatical year has not been offered to current President Lorraine Sterritt. In a second letter, sent just before spring break, McKenna stated that Neuhauser will continue to be paid by the college starting July 1, 2019, "on a part-time basis for one year and a very significantly reduced salary."

The day before the article was published, some staff department heads received an email asking them to make additional budget cuts and discussed eliminating staff positions due to budget constraints.

"This is something we always ask employees to do and is good practice in any organization," said President Sterritt. "We do need to control costs and have made good strides, but having additional ideas for savings would be helpful, and the employees are well positioned to identify these ideas. The college evolves over time as the world changes. If there are specific areas that we need to invest in or reduce, we will act accordingly."

Days after the original article on Neuhauser's sabbatical was published, Sterritt requested a meeting with the faculty and staff welfare committee chairs and the faculty and staff representatives to the Board of Trustees.

"Basically, the president said she understands that people are very upset, because she had heard from many people directly," said Faculty Welfare Committee chair Tara Natarajan. "She was there to say to us, 'Can you talk to me about what you're hearing from different groups? I want to hear from all of you.'"

"I was very candid about what I had heard from faculty, and people are very upset," Natarajan said.

"We are under very severe resource constraints," Natarajan said. "As many

on enrollment, fundraising, and budget control. We very much appreciate the hard work of all our faculty and staff. We also very much appreciate all who donate to the College and the students, alumni, faculty, staff, trustees, Edmundites, and others who send prospective students our way."

Despite this, frustration from the faculty, staff, and students was continuously expressed throughout campus after the article was published.

"I can't say I'm altogether shocked that the salaries of some of the highest paid administrators at our school haven't changed despite an urgent



PHOTO COURTESY OF THE SAINT MICHAEL'S COLLEGE WEBSITE
Students, faculty, and staff express their varying opinions on the news that former president John Neuhauser is receiving full pay for a year.

Multiple attempts to contact Mary Kate McKenna through phone went unanswered.

"It strikes me that there's been some clarification based on those letters, and I think that's a good thing because the board is trying to be as transparent as possible," said secretary to the board of trustees Patrick Galiani.

Sterritt declined to comment on whether or not the former president had been asked to dissolve his contract.

"Sabbaticals are not unheard of - however, what's the context?" Natarajan said. "We are not where we used to be, when he first became president. If there was some thought given to it, I would've hoped they would have re-evaluated at the minimum that particular agreement."

In response to McKenna's second letter that Neuhauser will continue working for the college for a year starting in July at a reduced pay, Sterritt declined to comment as to what the reduced pay would be.

"President Emeritus Neuhauser will work next year fostering connections with alumni," Sterritt said. "It is common practice for a former president to help by supporting alumni and fundraising efforts."

Natarajan said she feels as though the administration has handled this ongoing controversy well, however, she feels bigger picture - frozen salaries, work load, staffing issues - is not being addressed properly.

"I appreciate the current president's difficult position," Natarajan said. "However, we are in a seriously bad environment of pay vs. workload issues and if we don't address pay and hiring, we could be seeing some real negative effects on future growth of the institution."

"I will continue to be a disappointed alumnus due to the inaction of our administration, faculty leaders, and the Board of Trustees to repair broken systems of oppression at the college."

- Sophie Adams '18 Former student government president

students know, many positions are no more, and many departments are not being refilled and we are working under what's called an increased workload agreement for the past couple of years, meaning we're doing more than we ever thought we'd be doing."

In reference to the \$475,000 compensation from the 990 form, Natarajan said "When you see a number like that, it's beyond upsetting for faculty and staff. We have to justify \$50 here and there, because we're on a tight budget, and we are doing everything it takes to try and fall within what we're being asked to do."

While Sterritt and the vice-president of finance Rob Robinson declined to share the current budget deficit, Sterritt said the school is addressing budget concerns.

"Last year ended on a deficit, but we are working hard on it," Sterritt said. "While we share some challenges with schools in the region that have faced difficult circumstances, there are important differences, such as our larger enrollment and larger endowment. Like most colleges, we are very focused

need to lower salaries for parity sake," said Adams. "I'm also not shocked that despite being retired, President [Neuhauser] is willingly taking that amount of money away from the college. As a student representative during my time at SMC, I was repeatedly told that we have limited funds to act on really necessary changes."

Not all students agree with Smith. Current student government president Jake Myers '19 says he's not frustrated by the news.

"When I first saw the article, I was a little confused as to why President Neuhauser was still receiving pay but believed that it may be for him to act as a contact point and aid to President Sterritt during her transition," Myers said. "I feel there was a lot of confusion and misinformation from students. Once word about payment gets out, rumors and gossip can spread quickly especially about something like this."

In the week following the news, Mary Kate McKenna, the chair of the board of trustees, sent a letter out to all faculty and staff verifying that Neuhauser was on a paid sabbatical.

Radio station struggles to improve: members say upgrades worth money

By Leanne Hamilton
Arts & Culture Editor

Four years ago, freshman Paul Stumpf entered the radio station where he was not as impressed as he had hoped. The record player sat broken on the table and the 'on air' sign letting everyone know a DJ was live sat as an empty box with no bulb sitting inside. The walls were bare; lacking posters, signs, anything that expressed charm. The back room where the collection of music is stored was stacked with boxes upon boxes. It was then that Paul and other members of the station, decided to get to work. Fast forward to 2019, senior Paul Stumpf '19, will gladly show you the level tables, decorated walls of the sound studio, and the shelves standing floor to ceiling, full of labeled CDs and vinyls. It didn't come easy. Much of the radio team put a lot of their own time into getting it this way and there is still more they want to achieve.

"Much of the money we do receive to the show goes to maintaining the station, not equipment," said Paul. "We have to pay the artists we play over the air." Most

"Much of the money we do receive goes to maintaining the station, not equipment."

-Paul Stumpf '19, station manager of WWPV

of the money goes toward yearly expenses for royalties to artists and licensing fees for the station. As well, the yearly engineer fee toward their on-call engineer that they are required to have. Paul has taken much of his passion for the station and uses it to build a true foundation for the upcoming years to expand upon, "I do not limit myself to just doing the bare minimum. Everything I am accomplishing will be included in format which can be built upon in the future and can be used again and again." Not only is it important to Paul and the other members of the radio station, but it's something that should hopeful-

ly be important to all the students here at St. Michael's as well. "It's the voice of Saint Michael's College. Radio is an outlet which can give students a voice, every student has an opportunity to be a DJ and every DJ has the power to change the world. Each DJ brings a unique and creative way to communicate to not just their friends in the dorm room, but to an entire community of Vermont."

Clubs are limited on fundraising and outside donations, which means they have to get their budget funds from the Student Government Association. The SGA sets aside general reserves that will go to funding the clubs on campus. WWPV had asked for 2,000 dollars toward updating equipment this semester, but only received 1,000 dollars. "A club's growth ebbs and flows," said Jake Myers '19, president of the SGA. "Some clubs will ask for the same budget each year, whereas others it depends on how motivated the members and leaders are."

The eboard members of WWPV have a lot of passion for the station and are constantly dedicating time to improving the club. It's just a bit

difficult when you need money to do so. Depending on how much the club members want to take on with events and updates, the budget will consider that. "Of course I'd love to have unlimited funds, but that's just not the reality of it. We are going to have to prioritize where the money is being spent. We try to invest in events that students will want to come out for."

Back in 2017, alumni Tom DeCrescenzo '17, worked as the Director of News and PSAs for almost three years. For Tom the radio station had come a long way when he got the chance to see it while on campus. "The station when I was



PHOTO BY LEANNE HAMILTON

The WWPV radio station located on second floor of Dion is where the student DJs make all of the music happen that is then sent out over the airwaves on channel 92.5 the Mike.w

here was unstructured with just a bunch of kids hanging out that happened to have a radio show, but now it has that structure that a foundation can be built on to be an actual functioning station," said Tom. "The important thing to keep in mind is that as the radio station has grown, it has kept the same spirit and character that I knew as a freshman. I just hope the school realizes we need more resources."

Despite budgets that sometimes limit the opportunity to upgrade, Tom finds the radio station worth the effort being put into it. "It's a great experience to have in broadcasting, a rare experience some don't even think of. It's an escape that allows you to make it your own and listen to the music you love while also sharing on air what you love."



PHOTO BY LEANNE HAMILTON

'On Air' light signals those inside and outside the station that a DJ is live in the studio.

Founders to be demolished, administration on the move

By Matt Heller
Photography Editor

This fall, the oldest building on campus will crumble to the ground. Founders Hall won't fall down by itself, but according to college architect Jim Farrington, it's in bad shape. Meanwhile, renovations are ongoing in Joyce Hall and will begin in Klein Hall, accommodating those who will have to move out of Founders.

"If we don't get out of it, we're going to have to start putting a lot of money just to keep it as is, which is money we don't want to invest into a building that doesn't have a future here," Farrington said.

Structural problems are behind the decision. In 2009, Hartgen Archeological Associates, Inc. conducted a survey

on the building, reporting, "The brick veneer of the building has become a maintenance problem; significant sections have become detached from the building, and large sections were never provided with adequate foundations."

Back to the Beginning

Before the college was founded, a farmhouse stood on the land, owned by Mr. and Mrs. Michael F. Kelly. When the Kelly family sold the property, what is now known as Founders Hall was added to the farmhouse. Construction began on May 1, 1904, and the structure was enlarged again in 1907 when upgrades such as a brick siding and a porch were added. The cupola, immortalized in the college's logo, was installed in 1907 and replaced in 1914.

Founders, which was first known as Old Hall, was the entire college in its early days when 34 students were first enrolled. All housing, classes, and even the chapel were located within the building. By the time the building was renamed to Founders Hall in 1962, administration took up the first floor, while students lived in the upper three floors.

New Offices

Renovations have already begun on the first floor of Joyce. A new door facing Alliot Hall will be installed to allow easier access to the building. Certain walls have been taken out, the floor will be repainted, and there will be new floors, ceilings, and doors.

Joyce's proximity to Dion and Alliot along with less need for traditional housing made Joyce a perfect location for the move. While there is no plan to fill the upper three floors of Joyce, they will be available if needed for additional student housing.

Financial Aid, Military Community

Left: Founders Hall in the winter of 1904. The building was built upon the original Kelly farmhouse, seen to the left of Founders. (PHOTO COURTESY OF THE ST. MICHAEL'S ARCHIVES)

Bottom: Founders Hall on April 1, 115 years later. (PHOTO BY MATT HELLER)

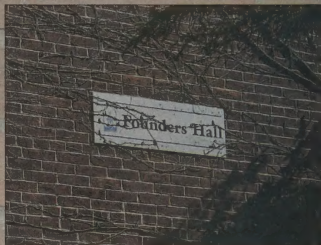


PHOTO BY MATT HELLER

A sign for Founders Hall sits near the back entrance to the building on Monday, April 1. The building will likely be demolished in the fall.

Services, and faculty offices will be moved into Joyce once the renovations are complete, which should occur around commencement.

Matthew DeSorgher, Director of Student Financial Services, said he is excited for Financial Aid's new space in Joyce. In Founders Annex, four staff members are in a suite while two others are outside of the area. Their new space in Joyce will allow all offices to be in closer proximity.

"We're very team oriented here, and the fact that we're kind of disconnected is logistically challenging, and I think for that reason we're pretty excited about the upcoming move," DeSorgher said.

Once the renovations to Joyce are complete, Klein Hall will undergo a small renovation to accommodate the president, the vice president of academic affairs, the dean, and the associate dean.

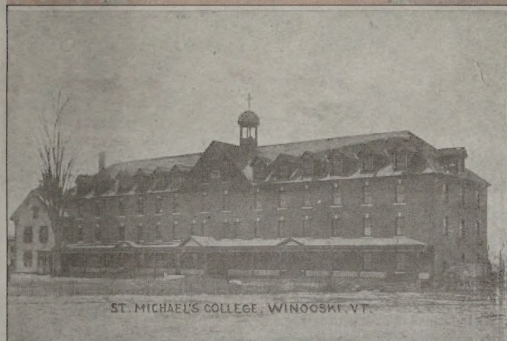
"It's always sad to see an old building being demolished, but, given the condition of Founders, it was the right decision," said President Lorraine Sterritt, adding that she is excited about the move.

The president's office will be complete by August 1, ending the administration reshuffle.

Trimming the costs

While quotes are still being received, Farrington estimates that the cost of the Joyce and Klein renovations will be one-half to two-thirds of the original \$15 million budget.

According to Farrington, The State Department of Historic Preservation was against the removal upon an initial walkthrough but gave approval once they were aware of the building's condition.



ST. MICHAEL'S COLLEGE, WINOOSKI, VT.



CONTINUED ON PAGE 7

Last call for college's original building

CONTINUED FROM PAGE 4

"Once they understood the condition of the building, and how much it would take to renovate it into a building that could stay, but still would not meet the needs of what we would want moving forward, most people are understanding of it," Farrington said.

Farrington noted that an asbestos survey and an abatement project will be done on Founders to make sure any ACM's (Asbestos Containing Materials), are removed, handled, and disposed of properly. A survey on Joyce revealed no ACM's that would

be disturbed in the renovation process.

The cupola will be saved, according to Joel Ribout, associate manager of facilities and project manager for the renovations. Currently, he visits Joyce often to check in on the renovations and to answer questions. Ribout said he thinks it's a shame that Founders is coming down, but at this point, it's the only option.

"In a perfect world you keep it, but it's not a perfect world because some things are just beyond repair, and that's what's happened over there," said Ribout.

As of now, there is no plan to provide storage to students during summer months once Founders is gone. According to Farrington, this was a non-guaranteed service that was available due to the open space.

A sentimental journey

From a sentimental standpoint, it's hard to judge the value of Founders Hall over the past 115 years.

"It used to be a place that every

student walked into all the time," said Elizabeth Scott, the college archivist.

"Its use has shifted so it's not so central to the day-to-day life for students. It's hard to know the impact of a symbolic change."

Scott noted that that building is very well documented; the archives hold original documents regarding the building and photos dating back to before its construction.

Left: The Original Kelly farmhouse with Founders Hall built onto it in 1908. (PHOTO COURTESY OF THE ST. MICHAEL'S ARCHIVES)



Right: Ongoing construction in Joyce Hall will make space for Financial Aid, Military Community Services, and faculty offices. (PHOTO BY MATT HELLER)



Students celebrate pi day with math and pie

Students celebrated pi day on Thursday, March 14 by eating pie and estimating the value of pi, using methods such as Buffon's Needle and the Monte-Carlo Method. Pi is the ratio of a circle's circumference to it's diameter. It is the same for circles of all sizes.

Left: Ted Rankin '21 and Jenna Moxey '22 attempt to estimate the value of pi. Moxey was wearing her pi earrings

Top right: Rankin marks off an area of a graph with yarn

Bottom right: There was an assortment of pies for students to enjoy

PHOTOS BY EMILY MAJEWSKI



UVM Basketball: American East Champs



PHOTOS BY MATT HELLER

The University of Vermont men's basketball team beat the University of Maryland Baltimore County 66-49 on Saturday, March 16 to capture the American East Conference Title. The Catamounts received an automatic bid to the NCAA tournament, but lost to Florida State University 76-69 in the first round.

Top left: The team celebrates punching a ticket to the NCAA tournament

Bottom left: Fans celebrate after #3 Anthony Lamb scores. Lamb scored 28 points and was named the tournament's most outstanding player

Top right: #21 Everett Duncan attempts a three point shot as his brother #20 Ernie Duncan watches. Everett, Ernie, and their brother #4 Robin Duncan became the first three brothers in NCAA history to play in the same tournament game for the same team when UVM faced FSU

Mid right: #24 Ben Shungu, #20 Ernie Duncan, and #3 Anthony Lamb celebrate near UMBC's #33 Arkel Lamar and #21 Sam Scholtz

Bottom right: Coach John Becker salutes to the crowd after cutting down the net

Engineered to addict: The reason you can't put down your phone

By Brandon Bielinski
Executive Editor

Every day a room of 100 engineers shapes the lives of more than a billion people. Most likely you are among the billion and blissfully unaware of how easily you have been manipulated.

Nick Sette '19 estimates that he checks his phone every five minutes. At times he feels like he can't put it down. "It's just easy to pick it up and get absorbed," Sette said. In any given day he might be changing his status on Facebook, scrolling through his Instagram feed, or snapping his friends on Snapchat.

Worldwide there are roughly 2.7 billion smartphone users according to the database Statista. A study by global tech company Asurion showed that on average Americans check their phones 80 times a day or every 12 minutes on vacation, and the average person struggles to go more than 10 minutes without looking.

Yep, that meets the definition of addiction. But you're not at fault. Your phone is a substance, and your interaction with it, the habit, the craving, the compulsion to pick it up, is the addiction.

Dependence By Design

Engineers who are experts in persuasion and human psychology are behind that addiction and have figured out how to make you dependent on your phone, to the point of addiction. Companies like Facebook, Snapchat, and Instagram make deliberate design choices to maximize users' attention. Their objective is to break down users' sense of self control so that they spend more time using their phones.

Snapchat streaks are an example of how tech companies strategize for users' attention. According to the database Statista people send 3.5 billion snapchats every day. Snap streaks show the number of consecutive days in which two people have communicated. If you go 24 hours without sending a snap to the

other person the streak will be lost. Many kids admit to giving their passwords out to people when they don't have access to their phone to keep their streak going because the thought of losing it is so unbearable.

"I had one for like three days I don't check it enough to keep them up and now my friends get annoyed with me," said Katherine Lynch '21.

Another example of a deliberate smartphone design is autoplay on Youtube, which has been proven to make it very difficult for people to stop watching videos. By automatically starting a video as soon as the current ones ends, Youtube keeps you glued to your phone.

Neva Callaghan '19 noted

"When we didn't have phones, when we didn't have social media, you could miss out on something and not know."

-Kathy Butts, director of personal counseling

that sometimes she checks her phone for one thing and then gets distracted into checking other things. "I feel like the biggest time that happens is when I pick it up to check the time and then I put it back down and I'm like I didn't even check the time, and then you have to pick it back up again."

Dots That Demand

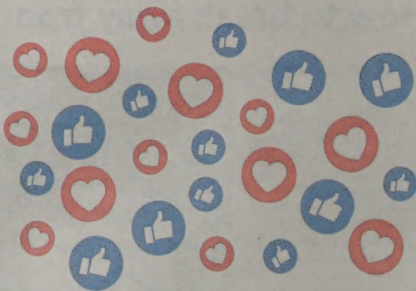
Notifications influence our thoughts and actions. That little dot on your Instagram or Facebook app is red for a reason. It demands our attention. Eye tracking test have shown that humans typically are attracted to warmer colors. If the dots were a different color it wouldn't be as enticing and might not lead us to open the app.

Infinite scrolling is another way in which a user's sense of control is diminished. It loads new material continuously but offers no stopping point for users. "I do special effects makeup so I'll just waste like an hour going through watching people do different looks and stuff," Lynch said.

So what's the problem with a little phone addiction?

While very little research indicates that social media causes mental health issues, it can minimize our in-person human interaction and that can cause mental health problems. "We are biologically wired to be social," said Kathleen Butts, director of personal counseling at the Bergeron Wellness Center. "Even people who are really introverted, we need each other. We are wired to be tribes, we are wired to be in groups."

Humans have a biological need to engage with other people in person. "There's a lot less face to face contact and more talking virtually so there is less of the [biological] need being met," Butts said. Interacting with someone over



8 Billion

The number of times Americans check their phones in a day

2.7 Billion

The number of smartphone users worldwide

185 Million

The number of smartphone users in the US

80

The number of times a day the average person checks their phone on vacation

74

The average number of times 18-24 year olds check their phones



What can you do?

Go black & white

Turning off all notifications except for when someone is trying to contact you and setting your phone to grayscale is a great way to minimize usage. Grayscale takes away all color which diminishes some of the techniques used

It's not me, it's us

How to break away from an unhealthy relationship

By Meg Friel
News Editor

Clea Edelman '21 went through a breakup with her long-distance high school boyfriend in the middle of her freshman year. Their breakup soon turned into a make-up as the two couldn't seem to let go of what they once had, despite serious problems within their relationship -- problems like him ignoring her for weeks at a time, not being able to communicate their feelings, and an exhaustive sense of control. A year later, the two finally called it what it was -- unhealthy, and over.

The ugly form that consumes us in the midst of a breakup leaves no ex-partner a stranger to the mess that comes with leaving a relationship. Obsessive texting, Instagram stalking and over-analyzing the relationship can easily turn heart-break into addiction. So, why do we continue to torture ourselves by obsessing over these relationships, even after we know they're no longer healthy? What is the remedy to this addiction?

"I was never really allowed to see my friends, or sometimes even my family,"

-Molly McCabe '21

"I wouldn't define it as unhealthy in the moment, but now I'm starting to see it as unhealthy," Edelman said. "I was just so involved. It was always about him. He would sometimes get mad at me for little things even though I didn't do anything wrong, and he would just get so aggressive with his tone and make me feel awful. There were times when we were dating and he wouldn't talk to me for like, a week. He would always send me pictures with other girls."

Although being surrounded by friends and family that worried over her estranged "relationship," Edelman couldn't seem to break ties with her ex. "It was a huge part of me," Edelman said. "I wasn't ever thinking about myself, it was always him. When we had good times, it was good, and I held onto those good times even though

they were really rare, because I like to see the good in people. I wouldn't have left him without my friends really saying something."

Molly McCabe '21 experienced a similar situation when she and her boyfriend broke up in the fall. After

countless nights of having to stay home as she watched her friends leave for pregames and parties, relentless fighting, and suffocating control, their relationship was no longer maintainable.

"He was very controlling and possessive," McCabe said. "I was never really allowed to do anything with my friends or see my friends, or sometimes even my family. But, he would treat me right sometimes, so I would value those and put those before all of the other times he treated me badly."

Why can't you leave?

It can be difficult to leave a relationship, even after reaching the point where the relationship turns sour, said Ryan Stanton, assistant director of personal counseling at Bergeron Wellness Center. This addiction, much like any other, is one that involves many ele-

ments that can make it difficult to stop.

The reason we often stay in unhealthy relationships is because we can't let go of the good things that the relationship brings us, even if they are outweighed by the bad, Stanton said.

but if that's not kind of going back and forth with equity and fluidity - then there's a problem there," Stanton said.

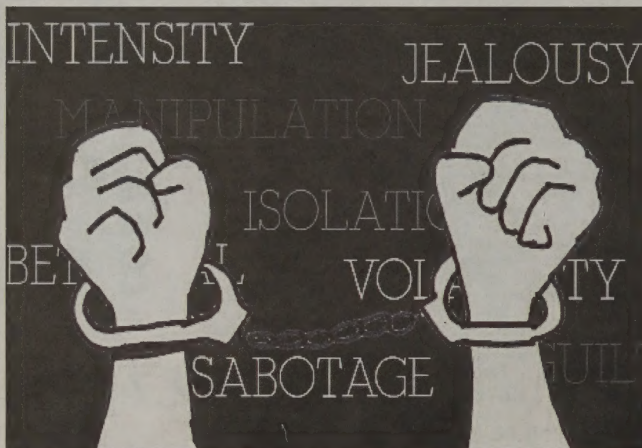


ILLUSTRATION BY KELLY CULLEN '21

The One Love Foundation, a national organization devoted to educating young people about healthy and unhealthy relationships, uses words such as "jealousy," "guilt," or "intensity" to help define an unhealthy relationship.

"Sometimes there's some things we get out of being in a relationship, even if it's unhealthy," Stanton said. "These are compelling, and make it hard to leave."

The definition of what makes a relationship unhealthy ranges from partner to partner. However, in order to define what an unhealthy relationship is, it's important to first begin with what makes up a healthy relationship.

"[A healthy relationship] looks at equity and reciprocity and sharing of power, sharing of time, sharing of resources, and communicating in a way that feels open and supportive," Stanton said. "When control makes its way into that recipe, then you end up with some problems, especially when it's lopsided."

"We bounce back and forth in relationships with who's taking the lead and who's taking the back stuff, but if that's not kind of going back and forth with equity and fluidity - then there's a problem there," Stanton said.

CONTINUED ON PAGE 9

The Relationship Test

Are you in an unhealthy relationship?

The One Love Foundation, an organization devoted to educating young people about healthy and unhealthy relationships, uses 10 signs of an unhealthy relationship to help better distinguish what an unhealthy relationship is.

- 1.) **Intensity** - Having really extreme feelings or over-the-top behavior that feels like too much.
- 2.) **Jealousy** - An emotion that everyone experiences, jealousy becomes unhealthy when someone lashes out or tries to control you because of it.
- 3.) **Manipulation** - When a partner tries to influence your decisions, actions or emotions.
- 4.) **Isolation** - Keeping you away from friends, family, or other people.
- 5.) **Sabotage** - Purposely ruining your reputation, achievements or success.
- 6.) **Belittling** - Making you feel bad about yourself.
- 7.) **Guilt** - Making you feel guilty or responsible for your partner's actions.
- 8.) **Volatility** - Unpredictable overreactions that make you feel like you need to walk on eggshells around them or do things to keep them from lashing out.
- 9.) **Deflecting responsibility** - Making excuses for their behavior.
- 10.) **Betrayal** - When your partner acts differently with you versus how they act when you're not around.

When it's time to break it off

CONTINUED FROM PAGE 7

"Even when you identify that your relationship may be harmful, it's often difficult to make the decision to leave it," Stanton said.

You might stay in a relationship longer than you should because that was the type of relationship that was modeled to you in childhood or because you had another relationship that was similar, said sociology and anthropology professor Amy Redman.

"That's something that comes to my mind in terms of what modeling they've seen and the implications that might play out for someone in their relationship."

What to do when you don't know how to leave

When you're ready, seek professional help. If you or someone you know is struggling to leave an abusive relationship, reach out to the Bergeron Wellness Center, Hope Works at (802)-863-1236, or the National Domestic Violence Hotline at 1-800-799-7233.

When things go too far

It's important to understand when the line crosses from unhealthy to unsafe. Physically, sexually, and emotionally abusive relationships can sometimes be extremely difficult to leave, because you may feel trapped or in danger. However, there are resources for people in abusive relationships (see sidebar "What do to when you don't know how to leave").

"Thinking about how to do that with support is really important, whether you get support from friends, family, counseling, and places like Hope Works downtown is key," Stanton said. "I've worked with people who were in domestic violence situations, either as the victim or the perpetrator, and really noticed that a lot of this comes down to power and control. On the extreme end, where you're talking about physical violence, sexual violence, emotional abuse, there's a real element of power which is often the key piece. It can be much more nuanced than that, much more subtle."

"There's definitely a difference between possession and love," McCabe said. "If you're not allowed to see your friends, or your parents, that's definitely a warning sign."

For those feeling like they have an

addiction to an unhealthy relationship, and have difficulty cutting ties with a relationship they know isn't good for them anymore, Edelman offers advice. "Just sit down with people that

you can talk to," Edelman said. "Talk to people other than your significant other. You have to love yourself before you can let someone else love you."

The Relationship Test Are you in a healthy relationship?

The One Love Foundation, an organization devoted to educating young people about healthy and unhealthy relationships, uses 10 signs of a healthy relationship to help better distinguish what a healthy relationship is.

- 1.) **Comfortable pace** - You and your partner allow the relationship to happen at a pace that feels comfortable for both of you.
- 2.) **Trust** - Believing your partner won't do anything to hurt you or ruin the relationship.
- 3.) **Honesty** - Being truthful and open with your partner.
- 4.) **Independence** - Having space and freedom in your relationship to do you.
- 5.) **Respect** - Your partner values your beliefs, opinions and who you are as a person.
- 6.) **Equality** - You and your partner have the same say and put equal effort into the relationship.
- 7.) **Compassion** - Feeling a sense of care and concern from your partner and knowing that they will be there to support you, too.
- 8.) **Taking responsibility** - You are both responsible for your own actions and words.
- 9.) **Loyalty** - When your partner is reliable and you feel confident that they have your back.
- 10.) **Communication** - If you can talk to your partner about anything.

SOCIAL MEDIA, CONTINUED FROM PAGE 7

to lure you in.

Delete, delete, delete

While Nick Sette does use grayscale, he uses it for battery saving purposes only and was unaware of its actual purpose. To prevent himself from using his phone when he needs to focus he finds deleting to be more helpful. "To stop using stuff a week ago I just deleted all my social media. That's how I keep myself from going on it."

Fill life with real interaction

"I feel like staying busy helps me not be bored and want to go on my phone all the time" said Emma Bisaillon '22. But that "busy" needs to be away from the phone. Callaghan noted that checking her smartphone is just a way to keep busy all the time. "Even when you're walking across campus you see everybody on their phones, just because we don't like to have that moment of solitude."

Tracking Apps

Smartphones users can also track their usage by using screen time or apps like Moment, which log how much time they spend on their phone per day and how often they pick it up.

But the trick is to only use these apps as a way to reduce time on the phone, not to keep going on your phone to check your usage.

Ways to Stay Busy That Don't Involve Checking Your Phone

- Join a club
- Paint a picture
- Become a mentor
- Go rock climbing
- Go hiking
- Go swimming
- Hoola hoop
- Go for a bike
- Go for a bike ride
- Cook a meal
- Take a nap

Adderall: at what price?

While pills are sold on campus from \$5 to \$15, the side effects of the drugs are taxing

By Katherine Martin
Executive Editor

It's not heroin, it's not ecstasy, and it's not oxycontin. But it's everywhere, I know where I could buy some and where I could get some for free, and neither would require me walking more than one block.

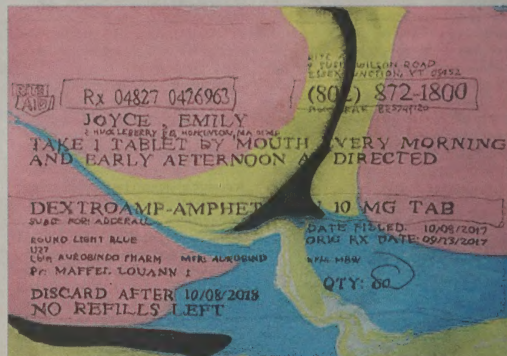
That's how readily available Attention-Deficit/Hyperactivity Disorder (ADHD) drugs are to me, were I to want them. I have some friends taking it for academics, some for a high on the weekends and most of them are illegally taking it for both. Among them are those who have legal prescriptions, the "go-tos" for the drug.

As I noticed more and more friends buying a pill for their test and casually snorting a line on Saturday nights, I began wondering, a few steps behind

nothing after the comedown. But it was worth it because I was getting good grades and everyone was off my back," said Olivia, a senior at the University of Vermont.

Common side effects of amphetamines are lack of appetite, insomnia, irritability, rebound (comedown), and a lack of interest, according to NIH. "Some kids kind of look spaced out," said Dr. David Rettew, a child psychiatrist at UVM. "Parents always come in and they're worried about the zombie word, they look like zombies. I reassure them that it's not okay with me to have your kid spacing out. I don't consider being a zombie an acceptable outcome."

Olivia experienced all of these side effects while taking ADHD medicine during high school, but by the time she recognized their detriments, she didn't



ARTWORK BY EMILY JOYCE

"I would go from extreme happiness to crippling depression in an hour."

-Matt, 20

the doctors and psychiatrists who have been researching this in recent years, "Just how often is ADHD medicine being abused on campus?" and, "Is it as innocent as it seems?"

I began with the students whom I knew were prescribed some sort of amphetamine, like Adderall or Ritalin, for bonafide diagnoses of ADHD and ADD. Some of them said the drugs helped them immensely. "It was finally that life changing moment the first time I could sit down and do work and wasn't so nervous and caught up in how I would to perform academically," said Jenna '19.

But some said the drugs only made their problems worse. I started asking, "Just how bad are the side effects?"

"I would go from extreme happiness to crippling depression in an hour," said Matt '20. "And when it wore off I would be back to my normal self. I felt better off of it than I did on it."

While there exists a population of students who take ADHD medicine successfully and regularly, as a college student surrounded by those with diagnosed ADHD, I was surprised to discover the more quiet stories of those who don't have a good relationship with their medication.

Not as great as you'd think

"After four months on medication I started to get really depressed and felt

feel confident enough academically to stop taking them.

"I stopped doing extra curricular activities," Olivia said. "I would come home, go to tutoring then just sit and be a zombie. I wouldn't talk at dinner. I lost my personality. Would I have more of a creative side had I not totally zonked myself out for the past four years?"

I recognized that it didn't make me feel good so I went and started the process of changing my medicine every seven months to figure out the comedown. I continued to feel terrible, but when I got to college, I didn't trust myself with academics off of it," Olivia said. "I guess that's where the addiction part came in. It took nine months to take myself off of it. Smoking weed helped me cope with not taking adderall. Smoking weed took the edge off of being sober. I wasn't used to being sober ever. I finally felt like I have my soul back through and through."

Back at St. Michael's College, Mary '20 said she views her medication as a gamble between thriving academically or emotionally and socially. "If I don't have an hour or more of work to do then no way I'm taking it because then what? I take it just for that hour and then my whole day is ruined because I can't interact with people in the way I would want to."

"I like it for school. If I could take it

everyday I would but, it makes me act like a psycho and not a good person," Mary said. "I would be scared if I took it every day. It's terrible. I feel angry. Irritable. Sad."

"This sounds crazy," Mary mutters under her breath before telling me that she is prescribed both 15 ml of Adderall and 5 ml of Ritalin. She explains how Ritalin is quick release and works fast in the body. While her Adderall is wearing off, she takes Ritalin to help alleviate the effects of the comedown.

If the side effects of ADHD medicine can be this severe, why is it such a hot commodity for those who don't need it?

What's the appeal?

Across college campuses there is a growing trend of students who are not prescribed the drug seeking it for both academic and recreational use.

"There's four people I would go to if I needed it," said Sara '19. "And if those people didn't have it I would have to ask a friend of a friend," said Sara '19. "10 ml of Adderall costs \$6 and 15 or 20 ml costs \$16."

"I usually take it if I have an immense amount of work and if there is leftover I take it for recreational use on the weekend. But, there are side effects. Lack of sleep. I took it once and didn't sleep for 72 hours and that was a normal dose."

"Taking stimulants when you don't have ADHD can potentially cause some unpleasant side effects and may keep you awake but doesn't seem to help with memory, retention or learning," said Dr. Jennifer Russell, a pediatrician in Wareham, MA.

While there is no evidence that

using stimulants helps people academically who don't have the diagnosis of ADHD, academics are not the only reason students seek the drug out.

"Being a student can be overwhelming and so can the party scene," Sara said. "Going out three nights in a row can be taxing on your body. Taking an Adderall before you go out makes it so you actually go out."

"We usually go skiing all day Friday and we get back from the mountain beat," said Matt, who is prescribed Adderall for his ADHD, but also uses it recreationally. "But everyone's drinking so we rail a little Adderall and we're ready to go, don't feel tired anymore. We drink and we smoke and that dilutes the effects of it sometimes. It makes it more manageable. The comedown you can get rid of by drinking or smoking so you don't have to deal with it."

If these drugs are relied upon for the school week and the weekend, just how easy are they to get?

How easy is it to get?

"No one's advertising that they're selling ADHD medicine, that's not how it goes down," Sara said. "You hear from a friend that a friend got it from someone else. I think people who are prescribed are more likely to give it out on the weekends for recreational purposes than to let someone buy it from them for academic purposes."

CONTINUED ON PAGE 11

CONTINUED FROM PAGE 10

"I don't sell them, it scares me what may happen to someone," Mary said. "But, if you're in the room with me on a Saturday night, sure."

"I think there's a responsibility shift," Sara said. "When everyone's in a room together on the weekend, it's a different setting, it's not a drug deal hand-off. You're going to be around them when it affects them. It's like this is fun we're not going to sleep but it's not going to hurt anybody, we could be doing worse drugs."

"I didn't tell my doctor I wasn't taking it but I would go to get my scripts and sell them."

-Olivia, '19 of UVM

Other people sell their Adderall more casually. "It got to a point where I didn't tell my doctor I wasn't taking it but I would go to get my scripts and sell them. \$5 a pill, \$3 if you're a friend," Olivia said.

"I sell my adderall," Matt said. "In my friend group it's commonplace, no one's going to think twice about it, it's not out of line."

What's the problem?

Whether students are seeking ADHD medication, or students are willingly selling them, there appears to be an abundance of leftover pills.

"I think it has taken doctors a little bit of time to catch up to how big of a problem this is," Dr. Rettew, said. "I think kind of like the opioid problem with doctors prescribing too many of those, I think we're trying to be really vigilant about it. But you know it's hard. Psychiatry relies on people telling us what is going on."

Some college students opt to manage their prescriptions themselves. Taking less than the amount prescribed to you simply means the medication isn't as effective, according to Russell.

"They told me I needed to take my

Adderall every day but I didn't," Matt said. "I wasn't guided on how to use it and I was probably over prescribed it."

"I do feel that these medications can be overprescribed especially to younger children that may not truly have the diagnosis of ADHD but may have other issues such as learning problems or conduct disorder," said Dr. Jennifer Russell. "The medications could also be overprescribed to normal teens or young adults that may feel that they have ADHD but truly are just sleep deprived or not focusing well because of being overstimulated or are smoking too much pot."

According to Rettew, the rate of diagnoses have risen from five percent to eight to ten percent in the last 20 years.

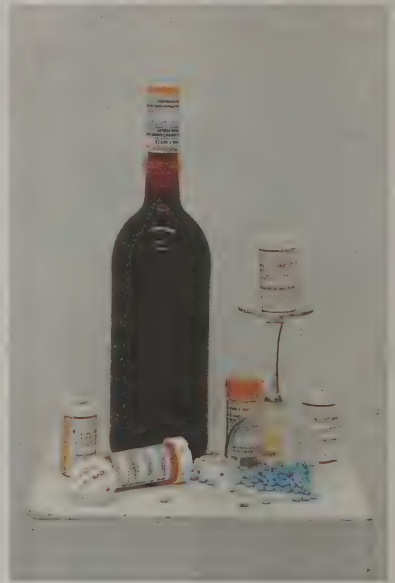
"It's pretty widely accepted right now that people are noticing that a higher percentage of kids meet criteria for ADHD," Rettew, said, explaining that what counts as the symptoms of ADHD have dropped. "Now it takes less to get the diagnosis."

Despite attention being drawn to an abused drug, some students continue to form unhealthy relationships with it. The others, fearful of the effects of their prescribed drug, don't take it as advised. Neither are healthy uses.

"I've just never let myself build a relationship with adderall. I never let myself take it every day like I am supposed to. I would be scared if I took it every day. I feel like I need but I don't act like

myself when I'm on it. The high of it is great but the come down is not worth it."

"Names changed for anonymity"



ARTWORK BY EMILY JOYCE

Alum opens up about her sobriety

By Katherine Martin
Executive Editor

Jasmine Powell '18 entered her college career sober. Although she frequented parties at the threes, she refrained from consuming alcohol, smoking weed, and taking the ecstasy she once used regularly. Still living in Burlington, Jasmine works for the Howard Center as a behavioral interventionist with kids. She explained that she believes it's a part of her recovery to be of service to others and sometimes all that looks like is being open about her story.

When were you first were introduced to alcohol and drugs?

I first tried smoking and drinking casually with friends in high school, but I quickly picked it up regularly after the first feelings of being high and drunk. After doing that for a little, it stopped being as exciting so I began experimenting with more drugs. I tried

ecstasy for the first time at a party then started using it at least every weekend for awhile.

What do you think led to you abusing drugs and alcohol?

Most of my family on both sides are either recovering or active alcoholics/addicts. Wanting to rebel against my parents and experience things I wasn't used to was a factor. I had never been exposed to casual drinking so I didn't understand the idea of consuming alcohol for any other reason than to get drunk. I was also depressed and struggled to cope with even the smallest inconveniences. I think that led me to seeking comfort elsewhere, which I first found in smoking and drinking, then quickly in other drugs, like ecstasy.

What were your steps to getting sober?

I always knew the way I was using

was a problem or at least wasn't normal. When I was using, I never sought out help for myself. I got sent away when I was sixteen to a Wilderness Therapy Program called WinGate in Utah. They were therapy programs and not strictly rehab centers. What it

Going to college recovered, were you more aware of the readily available drugs on campus?

I didn't really know what to expect going into it to be honest. I decided to

"I always knew the way I was using was a problem or at least wasn't normal."

-Jasmine Powell, '18

came down to at first was that I was so miserable that I really just wanted to be happy and was willing to give up using if that's what it would take. I have stayed sober since then and kept my same sobriety date and I know that I'm lucky to be able to say that.

do GREAT housing [Alcohol and Drug Free living communities] my first year just to play it safe and after I got more of a feel for what campus was like I moved out of that.

CONTINUED ON PAGE 12

When does blacking out cross the line?

CONTINUED FROM PAGE 11

When I came to St Mike's I made sure to tell everyone I was sober when I met them just to hold myself accountable and be open about it. It turned out that almost everyone I talked to about it was super supportive and nonjudgmental. A lot of people were even protective of my sobriety. I never shied away from the party scene at school because I'm super social and have fun going out, I felt uncomfortable when other people's using or mindset was problematic. An example of a problematic mindset would be the people who use drugs or drinking to achieve relief in some sort of way or when people think they have to drink to be social or go out. That's a really common mindset, but it's just not true. I'd challenge anyone reading this to go out on campus without drinking one night and you'll see it can be just as fun.

What was it like being sober in a college environment?

The actual drugs and alcohol were never a problem, but sometimes the lifestyle of doing that was hard to be around. Since I'm not using, I don't want to sit in a suite for days at a time smoking and playing video games so I think in some ways it limits who you can spend your time with. I have nothing against anyone's lifestyle, but if people were doing that, our interests just didn't align. I think it's hard for a lot of people who are sober to even be around drugs and alcohol, but since I got sober so young and was sober for some time before starting college it just didn't bother me.

Something that did come up that wasn't expected though was people who were struggling or starting to struggle reaching out to me a lot. The thing is, I can't get anyone sober, no one can. If you want to get sober you have to do the work yourself.

What sort of things kept you motivated to staying sober?

What it comes down to is that my worst day sober is infinitely better than my best day when I was using. I have a life and interests and an actual personality and values now that I never had when I was using. I really enjoy my life and I did the work to get where I am today and that's not something I'm willing to throw away.

Do you think drug abuse/alcoholism are quiet additions? Do you think St. Michael's students struggle?

There are some people who can be full blown addicts and still be functional, but I think that's rare. I also

think although it may be obvious you're struggling with using habits, the underlying struggle is often quiet. I was drinking handles and throwing up in the toilet at every party, but that's not what it looks like for everyone. Sometimes it's having one or two too many and then being the funny drunk girl on campus.

I don't think depression and suicide amongst addicts is talked about enough. For me, and most other addicts, in recovery or not, depression and addiction go hand in hand. Sometimes people start using heavily because they're depressed and sometimes people get depressed because they start using heavily, either way both are often present.

I definitely know St Mike's kids struggle. Some struggle to balance partying and school, some struggle with not blacking out, some struggle with feeling pressure to drink or use. Either way, there are definitely kids on campus in recovery, in full blown addiction, or just trying to manage their lifestyles.

What do you wish you had known/someone had told you before it got to the point of addiction?

First of all, there are ways to get sober. It's never too early or too late to get sober. I got sober at 16, others get sober at 60. I think that everyone has to reach their own bottom before being willing to actually put the work in and get sober.

My first addiction started way before I ever drank or used and that was self harm, but I didn't realize it was an addiction and part of my recovery until getting and staying sober. I feel incredibly grateful that both my parents are sober and had the resources to send me away when I was so young. That's not the case for most people and a lot of people really start experimenting for the first time in college.

Addiction isn't about how many beers you drink in one night or how many pills you can pop before passing out, it's about limits. As an alcoholic, I may know that my limit before blacking out is 7 beers, but once I start drinking I can't stop or limit myself. In my



PHOTO COURTESY OF JASMINE POWELL

Jasmine Powell on her graduation day last May, wearing a cap reading "I can't believe I did this sh*t sober" and her sobriety date of July 18, 2012.

head that may look like justifications ('who cares it's the weekend' or 'I don't have much homework tomorrow so I'll just have another then another then another' etc.). I guess my advice is to be honest with yourself, and if you think you might have a problem, reach out.

There are plenty of professors, advisors, faculty, website, therapists, and friends who can at least point you in the right direction.

What do you think about students who drink specifically to black out or get hammered?

I think it's hard to talk about college

or drunk on purpose and students who consistently drink with the goal of getting blackout. It really comes down to each individual though, a lot of people graduate after partying hard all 4 years then slow down a lot and are totally fine.

Another problem that I see happen is when people say something about having a problem friends joke it off or excuse it by saying it's just the college drinking culture, people should take addiction more seriously.

If your friend thinks they have a drinking problem, look up a meeting and drive them, or go with them to make a Bergeron appointment, or sit

"It's not a cute or funny or a personality trait to get blackout drunk every weekend."

-Jasmine Powell, '19

kids drinking to get blackout or drunk. It's the culture of going out at schools. It's also how a lot of people define an alcoholic. I think there's a difference between students who drink to be tipsy

with them while they call their parents to tell them.

It's not cute or funny or a personality trait to get blackout drunk every weekend.

McCarthy Gallery Exhibition

Emily Joyce

ADDERALL



Opening Reception Saturday,
April 25 at 6pm

 SAINT MICHAEL'S
COLLEGE
BENNINGTON, VT 05201

Sugar high: hard to break the habit

By Hannah Hession
Staff Writer

Before starting her freshman year, Rachel Lyons '21 had never paid much attention to her sugar intake. At home, junk food was rarely kept in the house and she seldom ate dessert; but when she arrived at school on an unlimited meal plan, she suddenly found herself surrounded by dozens of sugar-rich foods and drinks. Cakes, cupcakes, and cookies of all kinds were constantly on display at the dining hall dessert table, and an endless stream of ice cream from the creamery machine was available for breakfast, lunch, or dinner.

"The first semester of freshman year I really struggled with my diet," Lyons said. "Being on the unlimited meal plan, it was so easy to swipe in and get a creamer after class. With the added stress and anxiety of starting college, there were times I had ice cream three times a day."

"I know for a fact I could never quit sugar," Lyons said. "I've tried a couple times before, but have never been very successful."

Like a lot of college students, Lyons struggles with sugar addiction, an emotional or psychological dependency on sugary foods or drinks caused by certain neurotransmitters in the brain. And she is not alone; in a small survey of 25 people conducted among students in the dining hall, on average, students reported they ate dessert around four times a week and had seven sugary beverages in the same amount of time. While, this was not a scientific study, 88 percent of those surveyed thought they consumed too much sugar.



PHOTO BY MATT RIORDAN

Giving up sugar can especially be hard when Alliot has their daily dessert bar we all know and love. Each night temptations of sugars like brownies and cookies on display.

"Sugar is extremely addictive, and at the level of the brain, it releases two neurotransmitters that reinforce that addiction," said Melissa VanderKaay Tomasulo, Associate Professor of Psychology and Director of the Neuroscience Program. "They are the same neurotransmitters that are released with drugs of abuse or compulsive behaviors like gambling."

Dopamine, one of those neurotransmitters, is released when you do something that makes you feel good. It reinforces that behavior and makes you more likely to repeat it in the future. Opioids, the other neurotransmitter, are the body's natural pain killers. Together, these two chemicals create an addictive cocktail that makes it almost impossible to resist a craving.

The American Heart Association recommends a daily maximum of 36 grams of sugar for men and 25 grams for women - though they say most

Americans are consuming more than double that amount. According to Tomasulo, this kind of excessive sugar consumption can cause weight gain and hormone imbalance, affect mood and sleep, and increase anxiety. "In general, the diet that you have can affect your mental well being," Tomasulo said.

What's a student to do?

"[To break a sugar addiction,] I wouldn't recommend going cold turkey. Just like with other addictions, you should start with a reasonable goal and make small changes," Tomasulo said. Sugar is a necessary part of any diet - your body needs natural sugar from foods like berries or sweet potatoes because your brain runs on glucose. But with the increased availability of processed and packaged foods, there can often be too much of a good thing.

How to "Quit" Sugar:

- **Make small changes:** Swap processed sugars for natural sugars by substituting your after-lunch cookie with a banana. Or try some seltzer with a splash of fruit juice instead of a soda. Small changes over time can make a big difference.
- **Practice stress reduction techniques:** Stress is a major cause of sugar cravings and can often lead to emotional eating and poor food choices. Meditation, yoga, and exercise are all great ways to reduce stress. Getting enough sleep and drinking water can also help decrease stress and thus cravings.
- **Know what you're eating:** Read the nutrition labels on food before you buy. Pay close attention to foods with "hidden" sugar like granola bars, salad dressing, cereal, and even spaghetti sauce. If you eat at Alliot, check out the Green Mountain Dining Room menu on smcvt.dining.sodexomyway.com.
- **Find support:** Quitting a bad habit is much easier when you have someone to encourage and support you. Especially around the holidays or vacation time, it's important to have a support system in place to hold you accountable to your goal. Find a friend who will motivate you or join you in your decision.

Is everyone actually blacking out?

Blacking out every night of the week-end is not normal. But given how much students glorify blacking out, you may think it is normal. Is the college drinking culture masking genuine problems? Many people boast they can't remember Saturday night, but who actually blacked out? And if they did, where are the boundaries between college binge drinking and full blown alcoholism?

As Jeff Vincent, assistant dean of students, mentions in "Drink, drank, dependence" on page 16, coming home from Act1 on a Sunday morning is often a time students self reflect and ask themselves, "Do I have a problem?" The question is, how often are we checking in on others before picking them up from Act1?

As Jasmine Powell '18 mentions in "When does blacking out cross the line?" on page 12, addiction can be quiet. "There's a difference between

students who drink to be tipsy or drunk on purpose and students who consistently drink with the goal of getting blackout."

Talk about drugs and alcohol may seem colloquial on campus, but people around you may be struggling. Check in on your friends. Rather than cheer your roommate on as they take three shots to your one, or half dozen hits of weed, ask if they are okay. While you're at it, you might do a little self reflection yourself. Is my drinking casual or am I depending on it?

KATHERINE MARTIN
EXECUTIVE EDITOR

Email kmartin4@mail.smcvt.edu for information on the contribution process.

Mission Statement

We, the voice of St. Michael's College, strive to create high quality journalism collected on a foundation of integrity. We represent the pulse of our campus by facilitating a forum for informative, enlightening and thought-provoking conversation. Through in-depth reporting, accurate storytelling and exceptional visuals, The Defender aims to professionally and ethically deliver the truth to our diverse audience.



My butt is one tenth Kim Kardashian's

The realities of my addiction to health

By Caitlin Holmquist
Environmental Editor

I crane and twist around in the mirror examining my torso horror how there seems to be a slightly bigger roll on the left side of my back than when I checked earlier this morning. Rational me knows I would have to have consumed 5,000 calories to even gain a single pound in one day, but that thought is fleeing as my mind races to recount every morsel that has entered my mouth. I curse myself for indulging in that unnecessary spoonful of almond butter I added to my oatmeal at breakfast and I begin re-adjusting the rest of my day to make-up for the 90 calorie blunder.

Addiction comes in many forms. Rather than the strung out homeless man shooting up heroin that many people think of, I don't get my high off drugs. For me it's a different set of feelings, like when I'm running a personal best, or that extreme hunger when my stomach feels like it's going to eat itself and my sudden movement causes my vision to go black as I struggle to stay upright.

Yet, many people would never know about my addiction because at 5'4" and 110 lbs I'm certainly small, but I don't look like I'm about to end up in a hospital bed with a feeding tube jammed down my nose. And that's not my goal (though I don't think anyone ever sets out with that intention).

Chances are if you ask what I'm thinking about it's probably food or my workout for the day. I spend countless hours meticulously planning what I'm going to eat for the day and how fast my intervals should be. If this carefully constructed plan starts to fall apart I basically lose my s***. Adapt is not in my vocabulary, hence I'll finish my 13 mile run even though tears have been welling in my eyes since mile four thanks to the latest stress-fracture I've suffered. Despite how unenjoyable this may sound working out is almost always the best part of my day—it makes me genuinely happy.

A lot of you probably spend far too much time thinking about food. While many people don't let health control their lives as entirely as it does mine, it still has a huge impact. I can't count how many times I've watched fellow students, like me, walking through Alliot stop to read the little sign above the soup or pasta that declares it contains 384 calories and then quickly put the ladle back down and move sullenly to the salad bar. Restaurant menus have starting adding nutrition facts and there are countless apps to help people count calories, but I fear that these numbers, rather than help us, have only served to create more stress and categorize food as "good" or "bad" based upon how many calories or grams of fat are in it. You don't have to look or even act like me to have a bad relationship with food.

Like any addict nothing frustrates me more than when people tell me (out of love) that I should change my actions, like it was some simple choice I made to live like this. No drug addict suddenly decided one day that it seemed like a good idea to do heroin, and I certainly never chose for nutrition facts to control my life. However, I am beyond thankful

for all the friends and family who have futilely tried to help and that do their best to understand my insane behavior. They make me want to change and get better at times, but unfortunately those urges never seem to last. At the end of the day I have no desire to relinquish the vice grip I have on my life. I am more terrified about the idea of gaining weight than I am of the very real possibility that I won't be able to have a little blonde mini-me running around some day.

How addiction crippled me

Over the course of 10 plus years I've slowly forced my body to adapt to this lifestyle, though it has come at a cost. My strict routines puts a strain on relationships with friends and family. People either become concerned about my behaviors or think I'm judging them because they don't measure out every ounce of food they consume, or even worse they feel both

**"Use my story as a cautionary tale
and be comforted by the fact that life
does not go on like this forever"**

simultaneously. I've caused my mom endless anxiety and my best friends alternate between frustration (why can't I just "live a little"?) and genuine concern. It upsets me that I have such an impact on those around me. I hate myself even more for the fact that I can't change even for them. I've been on that side as well, watching a friend spiral down a similar path, and it sucks.

Aside from causing problems in my relationships I've also managed to destroy my health (ironic for someone addicted to health I know). Living off only about 1000 calories a day of almost straight fruits and veggies doesn't leave the body a whole lot with which to work. As a result I'm perpetually exhausted (sorry to every teacher I've had for falling asleep in your class), I'm constantly sick, and ALWAYS injured. I'm talking five joint surgeries in almost as many years and more stress fractures than I can count.

Here's the thing, when you eat so little and that little amount contains a minuscule portion of protein things just start to fall apart. I haven't had my period in just about six years, which not only contributes to my bone problems but more concerningly puts my ability to have kids in jeopardy.

I always thought I'd have limits, points at which I'd finally be content with myself but with every goal achieved the standards just got pushed higher. First it was a run a 10k, then half a marathon, but once those were achieved my mind jumped to the next thing because why not try to qualify for Boston?

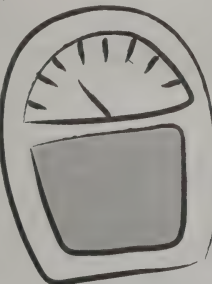
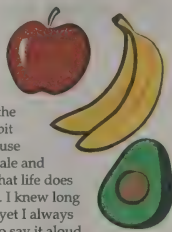
Reaching these goals does not bring you lasting happiness. The happiest moments of my life have been those random nights with friends sipping on wine while we watch the latest *Siesta Key* episode or laying on a hidden beach with my family laughing about my dad's attempt at speaking Spanish with our waiter at breakfast that morning. These are times I wasn't consumed with how many calories I'd eat or miles I'd run and that's the kind of bliss I wish was eternal.

Maybe some of you recognize pieces of yourself in these words and I don't mean to scare with the realities of where this rabbit hole may lead, but rather use my story as a cautionary tale and be comforted by the fact that life does not go on like this forever. I knew long ago that I had a problem, yet I always refused to fully admit it, to say it aloud. Talking about it though forces you to stop hiding from the truth, and this doesn't mean you need to sit in front of a therapist and spill your whole life story (that certainly wasn't my cup of tea). It's simple conversations with a friend, significant other, family member, or even that stranger you're sitting next to at the bus stop. It gets easier the more you talk about it and I've learned that people genuinely care, so accept their help in whatever small way you are capable of in that moment.

People wonder why I care so much and part of it's just who I am. Ask anyone that knows me and they tell you I'm the most competitive person they've ever met. But one only has to take a quick gander through Instagram to see another reason that drives this insanity. Long ago people began setting this unachievable standard for beauty where one must be long and lean yet with curves in just the right places. Considering 99 percent of the spring break pictures I've scrolled past in the last 10 minutes have been airbrushed with waists pinched in and a convenient little ab crack drawn down the center of every stomach, I am clearly not the only one that feels this pressure to fulfill these standards.

This is a standard that has me perpetually cursing my genetics because at 22 I'm still built like a 12 year old boy and have a face that hasn't aged since the sixth grade so any attempt I make to appear "sexy" simply results in me looking like the latest prosta-tot to walk down the runway of *Toddlers and Tiaras*. So I've made it my life's work to eliminate any other possible points of critique on my body because hey maybe if I have abs no one will care that my butt is one tenth the size of Kim Kardashian's.

Despite the picture these words may have painted for you my life is not sad or deserving of pity. As I sit here wrapping up my thoughts I have a smile stretched across my face as a result of just having finished a glorious run in 50 degree weather under a bluebird sky, and I recently accepted my dream job in Spain, so no my life is not tragic. Not everyday is as intensely stressful as what I've written here. I find moments of joy everyday and do even ironically love food (dark chocolate will never be turned down). And I find laughter and light with my friends and family.



Drink, drank, dependence

By Meg Friel
News Editor

Riley Cantara '21 woke up the Saturday morning of Halloween weekend on a mattress on the ground in Act1, the Public Inebriate Program in Chittenden County, often used as a place to spend the night when someone is too intoxicated to stay on campus. "I was taking shots of tequila and funneling, and I wasn't keeping track," Cantara said of the night before. "It got really out of hand. I ended up blacking out and I don't really remember what happened, but I do remember being in the back of the police car."

"It was horrifying. I woke up in this foreign place with just a mattress on the ground. I still had my costume on and I immediately looked outside and it was like, 'Oh no. I'm in Act One.'"

After coming back to campus the following morning, she went through the typical procedures of a night like this - a meeting with assistant dean of students, Jeff Vincent, discussing the limits of a typically six month probation, and having to face the question, "Do I have a problem?"

"I think if I were out of college and still getting destroyed on the weekends, it would be considered alcoholism."

"Students usually in the moment are as self aware as they're ever going to be, and that moment right there may say, 'I think I have a problem,'" Vincent said. "It's not an uncommon conversation to have right then at 9:00 on Sunday morning. We walk them through that. Do you need to see someone right now? Do you need help right in this moment? Are you okay?"

"98 percent of the time students are aware of what's going on with them. I know it's not an easy thing to just talk about cold, so, that doesn't always happen. But, at least the seeds are planted," Vincent said.

"If and when you think you need more help and it's there."

Students often brush off the nights they don't remember as just having fun - it's college. But when a few beers on Friday turns into a few beers every night, and a fun weekend turns into a blur of bottles and booze, how do we draw the line between college culture and an addiction?

According to a national survey done by the Substance Abuse and Mental Health Services Administration (SAMHSA), almost 60 percent of college students ages 18-22 drank alcohol in

the past month, and almost 2 out of 3 engaged in binge drinking during that same time frame.

"I was kind of drinking a lot, and I think it's just because it's the weekends," Cantara said. "Everybody does it, it's socially acceptable, but for a while after Act1 I didn't drink because I was so haunted by the memories. Now, I limit my alcohol, and when I'm taking shots or drinking with my friends I'm more cautious of how I feel and what's going on around me."

Not everyone's experiences with alcohol on the weekend cause self-reflection. Ben McClure '21 was caught by public safety with a beer in Alumni hall this year, and soon afterwards was put on probation. However, this didn't stop him from going out.

"I was on disciplinary probation where I wasn't supposed to go out for two months, but I still went out and just tried to keep my head down," McClure said. "I was just going out on the weekends like everyone else does. They tried to tell me to stop doing everything and I was like, 'Am I just going to sit in my room on the weekend?'"

Drinking on the weekends is seen as a right of passage for college students, said Cantara.

How much is "too much?"

The National Institute on Alcohol Abuse and Alcoholism defines low-risk drinking as no more than 3 drinks on any single day and no more than 7 drinks per week for women. For men, it is defined as no more than 4 drinks on any single day and no more than 14 drinks per week. SAMHSA defines heavy alcohol use as binge drinking on 5 or more days in the past month.

"I think a lot of college students do drink every day. I personally feel that if you're drinking every day, that is kind of a problem with alcoholism," Cantara said. "I think that if you feel that you need a drink, even if you're not getting drunk, just to get you through the day,

you're verging on problems with alcoholism."

Director of Residence Life Louis DiMasi says one of the biggest warning signs within student drinking is when they begin to develop a serious pattern of drinking behaviors that can become dangerous.

"When it comes to students on campus and alcohol use, alcohol addictions - students usually come with their bags packed," DiMasi said. "There are very few students here at St.

Michael's College who are having their very first beer. It's very difficult for students to live in an environment where they have a pattern that is already developed."

SAMHSA defines binge drinking as four drinks for women and five for men within two hours. The National Institute on Alcohol Abuse and Alcoholism defines low-risk drinking as no more than 3 drinks on any single day and no more than 7 drinks per week for women. For men, it is defined as no more than 4 drinks on any single day and no more than 14 drinks per week. SAMHSA defines heavy alcohol use as binge drinking on 5 or more days in the past month.

"I think people put their problems aside as, 'I'm in college, it can't be alcoholism,'" McClure said. "Obviously, I drink during the week, and I don't get blackout drunk during the week, but I'll just have a few beers and hang out. I think if I were out of college and doing that and still getting destroyed on the weekends, it would be considered alcoholism."

In moderation, drinking is socially acceptable. However, the media often depicts college partying as blackout drinking.

"Definitely now on the weekends I'm like, 'I'm just going to drink six seltzers because I know that's what'll get me buzzed,'" Cantara said. "If you're shy, you feel that drinking a lot with your friends in a group setting with make you feel better. I am more of a timid person. Drinking makes me feel more social and more talkative, and it helps, but I think for me finding the root of the problem is that I need to find a way to be more talkative without the aid of alcohol."

Although St. Michael's College is mixed with a variety of behaviors when it comes to the weekends - some

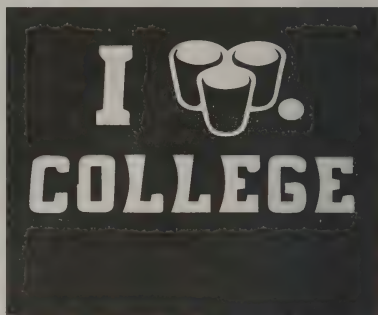


ILLUSTRATION BY MEG FRIEL

According to a national survey done by the Substance Abuse and Mental Health Services Administration (SAMHSA), almost 60 percent of college students ages 18-22 drank alcohol in the past month, and almost 2 out of 3 of them engaged in binge drinking.

stay inside to binge watch Netflix, while others are determined to binge drink - it's not uncommon to hear stories of students being taken to Act1 after they get too out of control.

"I don't think anyone wakes up on Friday and says, 'I'm going to be so out of control tonight that I'm going to be sent to the hospital and Act One and it's going to be a great night for me,'" Vincent said.

Some students claim their goal for the night is to blackout. The race to see how much alcohol you can drink in as little time possible in order to get as drunk as possible quickly is one often seen on campus. However, the long term effects of this can follow you after your four years are over.

"I think that people leave with the same mentality, 'I'm just going to get slaughtered on the weekend,'" Cantara said. "After college we're in the real world. I think [drinking every day] is alcoholism and college is just a big excuse. I think if you feel the need to have alcohol every day, no matter if you're in college or 26 and working, it's alcoholism."

*Name changed for anonymity

You have a problem if...

If you or someone you know is struggling with alcoholism, reach out to the Bergeron Wellness Center or the Student Life Office for on-campus help. For help outside of St. Michael's, visit Act1 at 184 Pearl Street, Burlington, VT, or call Alcoholic Addiction Hotline at (888)-633-3239.

Online shopping creates waste

By Emily Majewski
Staff writer

Take a walk through the mail room at St. Michael's College and you'll see box after box arriving for students, full of groceries, books, and clothing. Platforms like Amazon make everything you could ever possibly want available at the click of a button, which is extremely convenient for students living on college campuses away from home. So, how can online shopping be a bad thing? The frequent use of online

While shopping addiction is a real thing, on campus, the most obvious problem behind the sharp increase in online shopping is the waste produced. In the case of our campus, it is delivered right to the mailroom, where student mail clerks such as Amy Gagliardi witness first-hand how these practices can quickly become wasteful. "We had a Blue Apron box which is the food subscriptions where you get your meals sent to you. It must have had some perishable items in there and the person who needed to pick

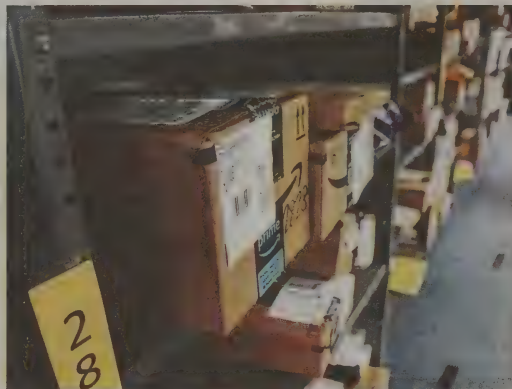
"Sometimes we have packages for months at a time and it's like, if you order something is it really necessary?"

-Anastasia Miller, student mail clerk

platforms such as Amazon, eBay, and Etsy to order clothing or other items - can be seen in the boxes piled in the mail room. Rather than shopping in stores or malls, clothing is now ordered offline. Or, instead of walking to the grocery store, people now order fresh foods right to their door.

it didn't come for at least a week. The food just started smelling so bad, we had to move it into another room because we couldn't stand the smell."

This has become a recurring issue - the student eventually picks up their food, but it is no longer edible. It become a waste of money, food, and



Packages from online student orders sit waiting for their owners to pick them up in the mail room. The mailroom handles a large volume of online purchases every week.

shipping resources.

"Sometimes we have them [packages] for months at a time and it's like, if you order something is it really necessary?" said Anastasia Miller '20, a student mail clerk. Not only with food, but when ordering any item offline it is best to ask yourself "Do I really need this?" If you let it sit in the mailroom for a few weeks, odds are you didn't. Besides exhausting your paycheck, another pressing consequence of frequent online shopping is the toll it takes on the environment. If you're hoping to cut down on these wastes, it's up to you to make a change.

"In this day and age everything is online, so anything they need they can just order and get in a few days," Miller said. It's hard to change those habits because it's just the click of a button.

You can give them [students] information about what they're doing and how it's not great for the environment but it's really up to them to see if they want to change their habits." Don't let convenience overshadow the distinction between what you really need and what you want in a fleeting moment.

Specifically, the waste produced by Amazon's blue and white shipping envelopes has become a consequence of frequent online shopping on our campus. Not all aspects of this packaging are recyclable, so you can't just toss them into the recycling bin. To properly recycle these envelopes, they must be brought to a drop-off location, which is an extra step the mailroom has been struggling to complete on their own. However, the school becoming a drop-off location

itself may be another, more efficient option according to mailroom staff. This will hopefully become a project that school associations such as Green Up can assist in undertaking.

An additional way to combat the issue with recycling is to be mindful when picking up any package that comes in a cardboard box.

"I don't think that half of the students here actually recycle the boxes that they get," Gagliardi said. "We see them in the trash cans, and they don't want to collapse the boxes and make them flat in the recycling bin so they just throw them in. You need to flatten them before you recycle them."

Cardboard boxes are easily recyclable - however, it is only possible if students can take the extra minute to collapse them and put them in the right bin.



PHOTOS BY EMILY MAJEWSKI

Kelly Cullen '21, browses through Amazon for clothing and accessories on Saturday.

How high is too high?

By Elizabeth Hogan
Staff writer

As the lights go down at Saint Michael's College, more and more students are choosing to light up. On campus some students find themselves turning to marijuana on a daily basis in order to cope with the stresses of everyday life. Many students chalk up their frequent use of the substance to the drug's perceived relaxing effects and as an aid in sleep. Health professionals, however, say the drug can contribute to anxiety and often disrupts sleep.

Sophomore McKenzie Wright is one of these students who finds herself turning to marijuana as a way to relax. Wright said she smokes marijuana six to eight times a day.

"I smoke because I am an anxious mess, so it helps me to be able to calm down, be able to eat without feeling nauseous, and sleep," Wright said.

Using marijuana once a week or more has been associated with doubling a young adult's risk for depression or anxiety according to the Vermont Department of Health. They also found that marijuana use among high school and college students negatively impacts academic outcomes, it also decreases the likelihood of graduating.

Of the eight Saint Mike's students interviewed for this article who partake in the regular use of marijuana half of them said that they noticed receiving lower grades. Three of the eight students said that they felt they saw a



PHOTO JAMES KOPPELMANN

Marijuana is layed out next to unfiltered cigars in an on campus townhouse. This paraphernalia lays waiting for students to consume.

Sophomore Jane Smith*, began smoking marijuana on a regular basis during her freshman year at Saint Michael's College. She says that she smokes

cartridges that contain cannabis concentrates, allowing her to get high in a more discreet way.

"I smoke marijuana because it temporarily takes me off of this Earth which is honestly a cheap vacation... a daily cheap vacation," Smith said. Though Smith said she plans to continue to smoke at this rate she has noticed some of the negative side effects that it causes.

"It has messed up my sleep schedule to the point where I stay up all night watching animal planet and then sleep all day" described Smith. Zach Johnson* '20 is also beginning to notice the toll that his heavy smoking of marijuana is beginning to take on him.

"I would like to think that in a philosophical way smoking weed all the time is making me smarter and improving my mental health, but if I'm honest you're dumber than dirt when you're stoned and I've never been that anxious or depressed before I began smoking," Johnson said. "But I can't stop."

High use of marijuana can cause use disorders linked to dependence on the drug, according to the National Institute on drug abuse dependence means that a person feels withdrawal symptoms when not using the drug. "People who use marijuana frequent-

ly often report irritability, mood and sleep difficulties, decreased appetite, cravings, restlessness, and/or various forms of physical discomfort that peak within the first week after quitting and last up to 2 weeks" according to their website.

Marijuana dependence begins when the brain gets used to large amounts of the drug weakening the neurotransmitters used to process it. Many individuals do not even know that they have marijuana dependence because they do not take long enough breaks from smoking.

When asked whether they felt they were dependent on marijuana five out of the eight students interviewed said that they felt they were. When asked if they were going to continue to smoke at this rate after college four said yes and the rest said that they would only smoke occasionally.

"I wish I wouldn't but I just know that I am going to smoke this much until the day that I die" expressed Smith as she took one more hit off the dab pen that was tightly clutched in her palm.

*Names changed for anonymity



PHOTO BY JAMES KOPPELMANN

A rolling and Ash tray sit on a student's desk collecting the joint butts from the weed

worsening in their mental health after they began regularly smoking.

almost constantly now after purchasing a dab pen, a vaporizer pen that uses

No longer addicted to you

Letting go of pursuing our own happiness

By Sixiang Chen

Opinion and Multimedia Editor

In the third year after I broke up with my first love, I learned from my friend that she had a new boyfriend, or rather a fiancé. He took her to see the snow in Harbin, the trip which we had planned the trip in first two years we were dating, but it didn't come true. Was I addicted to her?

Although we had been separated for years, my heart still felt pain when I heard this news. I wanted to call her. I wanted her to feel guilty. I wanted her to come back.

However, I did nothing at all. I was silently digesting these crazy emotions, because I would prefer more to be a decent and elegant ex after breaking up.

It took me a long time to heal from the feeling of a broken heart. Eventually I began to live freely, to rejoin my friends' gatherings, and to open my heart to waiting for the new love.

Recently, I heard about her engagement. This time I wasn't jealous. It is just like when I heard the gossip about a movie star. I didn't even have curiosity.

A broken heart is an amazing experience. I thought it would be the beginning of pain, but later I slowly found that it was the end of torment.

Two years ago, my best friend broke from her boyfriend. She held a party and invited seven single friends. At the beginning, everyone raised their glasses in celebration of being single again, respecting freedom and foolish love. In the party, we once again became heroes of our lives.

After our toasts, someone started the conversation about the reasons behind their last breakups. "I was studying in America," said one girl as she chewed sweet potato chips. "I was looking



forward to Christmas and seeing him again [in China].

She called him and he seemed indifferent. "We said goodbye to each other on the phone. Immediately after the call, I received his text breakup message: We are not right for each other."

It is not so easy to give up, unless there is really no hope. That Christmas, my friend returned to China. However, the man had a new love.

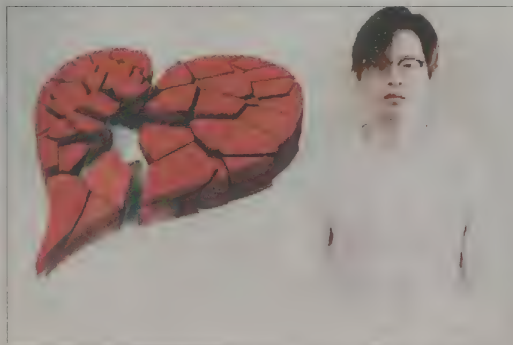
That day of the single party, I heard a lot of sad love stories. In the end, most friends were crying. I stood in the crowd and also firmly believed that I was the one who was not able to get out of the past.

Last year in December, my best friend got married to a man who is very nice to her. At her wedding, I saw the same people from the party. Most of them were already married, some brought their mates to the wedding, and others were either in new relationships or had long since moved forward from the bad situations we had talked about.

world will come to you. You will learn that leaving her/him can make your life much happier, and even happier than before.

I finally let you go, to pursue your own happiness as well as my happiness.

I thought heart-break would be the beginning of pain, but later I found that it was **the end of torment.**



The girl who came back from studying abroad was standing under the stage to grab the bride's bouquet at the wedding. That was the first time I saw her jumping up and laughing after the conversation. I think she must be much happier than before.

In the past, we were bound by the old emotions. However, we need to know that, until the heart is broken completely, we will be happier than before.

In this world, fish can't live without water, but we can live without another person. All sad displeasures you have are just because you still remember the old love, and you still have expectations. When you really give up, a new

Ready to get over a breakup?

1. Get rid of your ex's stuff
2. Write a letter to your ex but don't send it.
3. Go traveling, releasing the emotions
4. Find some new hobbies and spend time on it
5. Cut off all contact and photos with your ex
6. Focus on what you learned, not on what you lost.
7. Don't beg for them to come back

Food for thought: Eating away the stress

By: Lily Bonadies
Multimedia Editor

On St. Michael's campus, students are racing toward the end of the school year, and seniors are getting ready for life after college. With classes, work, activities, homework, parties and more all crammed into a 24-hour day, there's not a lot of time left to relax. One way students deal with anxiety? Food. There's even a term for it: stress eating.

"When we experience stress, it is not just in our mind, but also in the rest of our bodies. When we are stressed, our bodies release fight or flight or freeze hormones that flow throughout our bodies," said Sarah Klonsky, personal counselor at Bergeron Wellness Center.

"I'd say pretty much every day is a stressful day right now," said Alaina Shelzi '19 a theater/media studies double major who reaches for food when she's stressed out. "I'm really bad at dealing with stress. I tend to snack and watch YouTube videos. I'll sit in bed with Girl Scout Thin Mint cookies to the left of me and a bag of chips to the right and just alternate eating them."

Dr. Howard Segal, who specializes in child, adolescent, and adult psychiatry in Illinois said that stress can definitely cause physical changes in the body – including having an effect on the appetite. "Stress can cause anxiety, which can present as headaches, stomachaches, muscle tension, sleep disturbance (reduced sleep or increased sleep), appetite changes (reduced or increased) and fatigue."

Science helps explain why eating more food

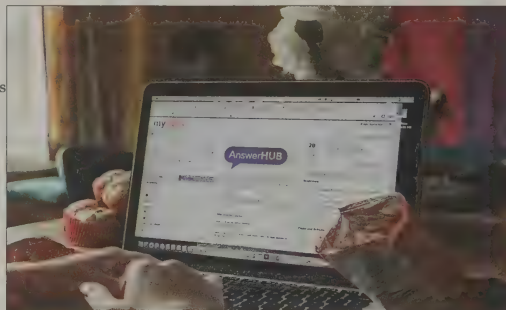


Photo By Lily Bonadies

Alaina Shelzi logs on to a familiar page, Canvas, checking her emails along with snacks.

seems to help calm our nerves. According to an article in the Harvard Health Newsletter stress causes the hormone cortisol to be released in your bloodstream, and that kicks your system and appetite – into high gear.

"If we do not find ways to burn off those

"Cookies to the left of me and a bag of chips to the right..."

-Alaina Shelzi '19

hormones through exercise, or deep belly breathing and mindfulness practices, resolution of the stress can get held and stuck in the body, which can, over time, hurt our immune system's capacity for fighting off injury or illness," said Klonsky.

"Stress is why I'm such a good student," said

Shelzi. "It's definitely a motivator. I dive in head-first." Still, she said she knows reaching for unhealthy snacks isn't the best coping mechanism. "It's like, 'OK, it's been 30 mins – time to get back to my work.' It does sort of just increase the stress because I know I am putting unhealthy food into body and it's not going to help my productivity but it's a vicious cycle."

There's a reason people reach for junk food like cookies and chips to calm their nerves, according to the Harvard article.

"These foods really are 'comfort' foods in that they seem to counteract stress – and this may contribute to people's stress-induced craving for those foods." What's more, "Stress, the hormones it unleashes, and the effects of high-fat, sugary 'comfort foods' push people toward overeating." So, they often don't stop at one or two cookies.

According to Dr. Segal, college students often worry about their coursework and future careers: "In college students, stress is often due to academic issues and planning for future 'life as a working adult.'"

And it's not just students who are feeling anxious these days. A 2017 Gallup Poll showed that eight out of 10 Americans consider themselves stressed. Other than carbo-loading, how can we better manage stress?

According to the Harvard article, meditation, exercise and getting social support from friends and family are all positive ways to deal with stress – without reaching for the Thin Mints.

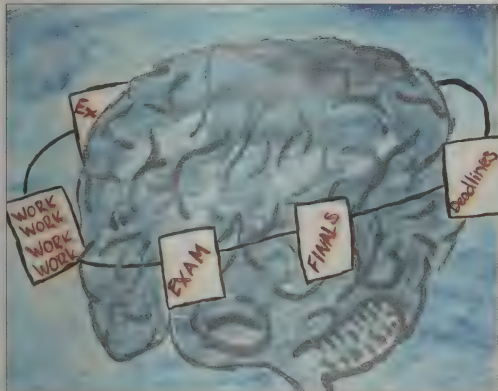


Illustration By Marin King and Lily Bonadies

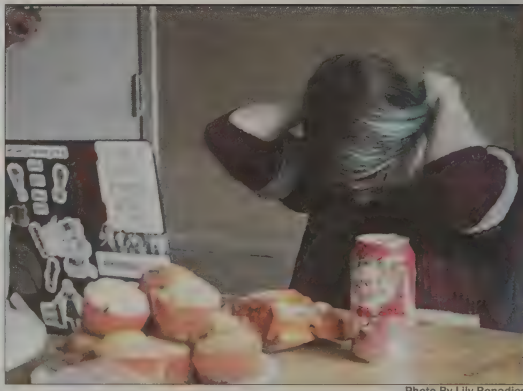


Photo By Lily Bonadies

Alaina Shelzi is feeling the stress after a full day of classes and now her Senior Sem. on top

We want you for The Defender

Join the editorial staff
Sign up for the class!

Storytelling & Design for Publication
MJD 433
MWF 1:30-2:30



BUILD YOUR STORYTELLING AND DESIGN SKILLS, PUBLISH YOUR WORK!

Experiment with review and op-ed writing, photography, multimedia, reporting and more. Students choose an editorial role (features, politics, lifestyle, photography, science, environment, videography, sports and more) on the publication, produce their own stories and work with contributors.

Got an idea for a story? Let's talk!

Contact executive editors Katherine Martin (kmartin4@mail.smcvt.edu)
or Brandon Bielinski (bbielinski@mail.smcvt.edu)

The student-athlete burnout

By Erin Mikson
Sports Editor

Laurenn Dedecko '19 quit her sport due to the agonizing amount of time she has to put into lacrosse. "On days we would have 6 a.m. practice I would have to make sure I was in bed early and make sure I had got all of my stuff done for the day of and the day after," said Dedecko. After feeling there was not much of an incentive for her to keep playing, Dedecko felt that it was time to stop making herself suffer. The pressure to keep up with athletics and academics was the breaking point for her.

"21 sports, 1 team" is the motto for the St. Michael's College Athletic Department. With approximately 400 students participating on a varsity team each year, Chris Kenny, head of the Athletic Department "great life tools are developed being a student-athlete," said. But, at what point is the line drawn for athletes to balance their sport(s), academics, and a social life?

Playing a sport in college at the Division II level is a whole new ball game. You wake up at 5 a.m. to condition for an hour, if you are lucky squeeze in breakfast, then head to classes all day. Then, you find yourself running to Alliot to get lunch because you are already late for your treatment appointment at the trainers, followed by practice for two hours. Eventually you find yourself in the library searching for any left over energy to study for your exam tomorrow. The clock says 11:30 p.m. and you are still doing a homework assignment to only realize you have to wake up tomorrow and do it all over again.

Nicole Adach, a mental skills and performance coach, said that being an athlete is very black and white. St. Michael's College is not scholarship based for most teams, but students are still

500 percent to give" is something that Adach said is mentally the toughest thing athletes deal with daily.

Megan Robinson '19 quit the women's soccer team the summer before her senior year. Robinson came to the conclusion when she began to think about all of the things she could be spending her time doing such as school work, time with friends, applying for jobs, or just finding time for herself. "My overall health has been much better after quitting. A big weight was lifted off my shoulders which was good for me physically, mentally, and emotionally," Robinson said.

Robinson has been dealing with Crohn's Disease for the past five years. Stress is a big trigger for the disease and eventually Robinson had reached a point where she would physically react negatively to things and just did not enjoy playing anymore. "In the grand scheme of things I feel as though I made the best decision for me, not anyone else."

Athletes struggle making decisions for themselves and not for others. The fear of disappointing a teammate or coach is a hard pill to swallow. "At a certain point you have to ask yourself is this really worth it? At first I cared what people thought of me, but then I was proud of sticking up for myself and taking the courage to know that I deserve better" Robinson said.

Conor DiNatale '19, who quit men's lacrosse his sophomore year, had a difficult decision to make. DiNatale knew he would miss the atmosphere of being on a team and being around everyone before and after practice, but he said since quitting his life has changed for the better. His grades have improved and now he is able to spend more time doing what he likes, such as skiing with friends. DiNatale never questioned if he would lose touch with his teammates. He currently lives

"What is the reward? We aren't winning, we aren't on scholarships, there is no point."

being asked to give a lot. A common question from athletes is, "What is the reward? We aren't winning, we aren't on scholarships, there is no point." Adach said.

From a young age athletes are constantly told in the sports culture "give your all or you aren't going to be that great," Adach said. Being an athlete is a huge part of one's identity. The ongoing struggle of "everyone asking you to give 100 percent but no one has

with three current lacrosse players and another former player.

The overpowering amounts of stress between practice and school work also led Holden Jackman '21 to quit the baseball team before his sophomore year.

"School is way easier when you do not have to miss a lot of classes due to games," Jackman said. Jackman knew he would still be friends with the team if he quit and they would understand

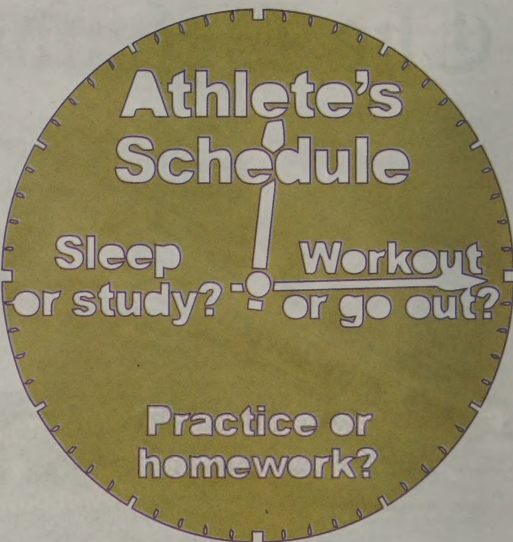


ILLUSTRATION BY ERIN MIKSON

his reasoning, but he struggled with it when his parents would say, "I was terrified to quit because I thought my dad was going to hate me," he said.

Mental skills coach, Nicole Adach, uses the analogy of a cup to students who come to her when dealing with stress. Picture everything that is stressful filling up your cup a little bit: your social life, arguments with friends, being in a relationship, academics, or making sure you're not letting your parents down. Then add in a sport or another obligation, this pours more stress into your cup. Athletes eventually get to a point where they can not take anymore stress. Not to mention everyone is different, therefore their glasses differ in size for how much stress they can handle. "We aren't paying attention to how close we are to the edge, and then it overflows and you get burned," Adach said.

Although being a college athlete seems to go hand in hand with stress, Chris Kenny, head of athletics, said quitting is one of the many issues that athletes face in college when trying to be successful. "Here at Saint Mike's, our student athletes are really fortunate, and we are very fortunate as an administrative team too, to be working at such a collaborative school where Dean D'Amore and so many others are right there to assist and offer great academic support and opportunities to help our athletes."

Kenny emphasized that it is hard for student-athletes to slip through the

cracks here without their struggles being noticed. When a student is feeling pressure from athletics and academics it is vital that they voice it.

"It is really important for [students] to communicate that as soon as possible because there is an immediate support system that goes into play to help them be successful academically and athletically," Kenny said.

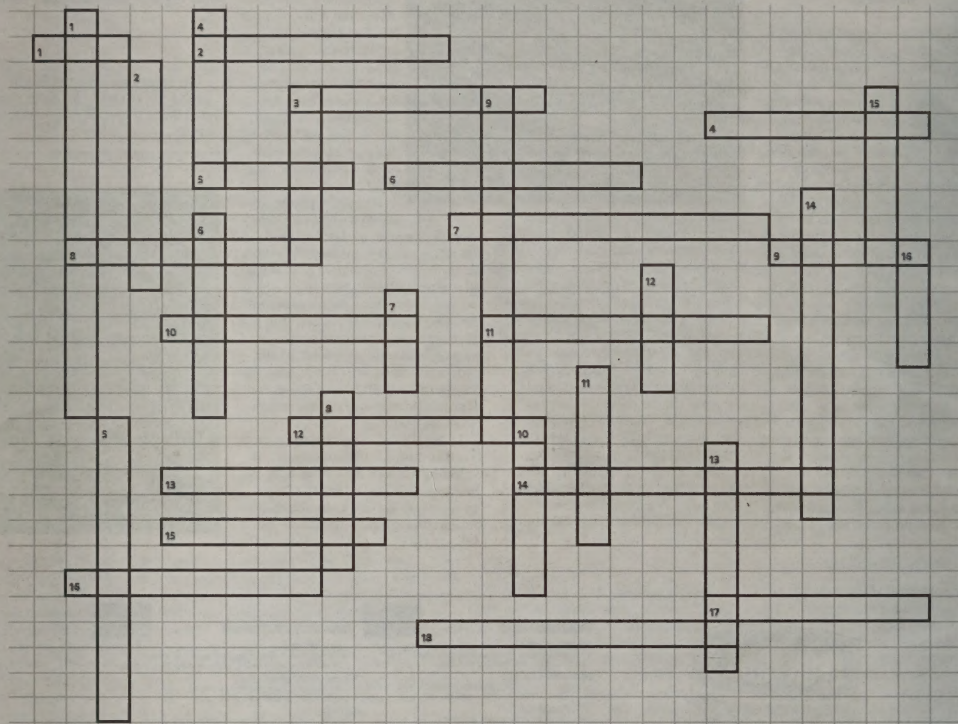
Need Help?

If you or someone you know is struggling with the balance of academics and athletics or everyday stressors, considering contacting Bergeron Wellness Center or Nicole Adach, a mental skills coach here on campus. She helps athletes and non-athletes deal with stress.

Nicole Adach
Email: nicolecadach@gmail.com

Bergeron Wellness Center
Email: mmasson@smcvt.edu
Phone: 802.654.2234

Addiction crossword puzzle



ACROSS

1. Getting to fourth base.
2. What you need to do to get that beach bod.
3. The process of change through which an individual achieves abstinence.
4. The other way to get that beach bod.
5. Doing a bar of this will chill you out.
6. To obsess over.
7. Symptoms that occur when a person stops using a drug.
8. With repeated use the effects to the brain become reduced.

9. Bought and sold on the black market.

10. Juul pods
11. No longer having control of your substance abuse.
12. The painkiller drip bag.
13. The magic focus pill
14. Drugs that raises levels of physiological or nervous activity in the body.
15. The cause of the buzz of coffee
16. A state of calmness
17. What most people drink on the weekends
18. Feels

DOWN

1. A bigger word for what was made in Breaking Bad.
2. The drug that begins with an E
3. Coming back to the drug after a period of not using it.
4. Something everyone has tried on campus.
5. The action of intervening
6. The desire for more of a substance.
7. Student Loans
8. It used to be in the soda with a similar name.

9. Treatment plan

10. A feeling of an excited state
11. A drug that can be highly addictive
12. A period of your body throwing waste out
13. Mary Jane
14. Always having to look perfect
15. An excessive amount of eating
16. The sweet tooth

EXECUTIVE EDITOR
Katherine Martin

EXECUTIVE EDITOR
Brandon Bielinski

PHOTOGRAPHY EDITOR
Matt Heller

ENVIROMENTAL EDITOR
Caitlin Holmquist

MULTIMEDIA & OPINION EDITOR
Sixiang Chen

NEWS EDITOR
Meg Friel

MULTIMEDIA EDITOR
Lily Bonadies

ARTS & CULTURE EDITOR
Leanne Hamilton

SPORTS EDITOR
Erin Mikson

OPINIONS & PHOTOGRAPHY EDITOR
James Koppelman

ADVISOR
Allison Cleary